

I MY PARK & RECREATION

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 Check out the Traveling Artist exhibit all month long at the Paul Street Gallery.	2	3	4 Happy Independence Day!	5	6 Bring a friend day at the Norfolk Fitness & Wellness Center
7 Stop by Norfolk City Hall to sign the park & rec month poster!	8	9 Senior Wellness Forum Feel the Rhythm of Your Heart	10	11 Dance Your Heart Out Outdoor Movie Night	12 Family Picnic in the Park Twilight Tour @ Elmwood Cemetery	13 Norview Community Resource Fair
14 Visit your local rec center and tell us why you love your park & recreation!	15	16 The Gathering at VCM Teen Center with TWP	17	18 Outdoor Movie Night Outdoor Painting Class	19	20 Rec Centers' Open House
21	22 Open volleyball at the Ingleside Gym	23 Teen Center Tuesday Fit Kids Zone Field Day Challenge	24	25 Outdoor Movie Night	26	27
28 Like us on Facebook & follow our park & rec month photo blog!	29	30	31	JULY		

JULY IS PARK & RECREATION MONTH



National Recreation
and Park Association

RECREATION, PARKS & OPEN SPACE



N O R F O L K

Life. Celebrated Daily.

Get more details at
www.Norfolk.gov/RPOS

2013 Park & Recreation Month Events

The Traveling Artist Exhibit: Stop by the Paul Street Gallery to experience artwork created by students from Norfolk's recreation centers. Pieces depict re-creations of art created by well-known artists. Exhibit runs July 1st through August 31st.

Bring a Friend Day at NFWC: Are you a Norfolk Fitness & Wellness Center member? Bring a friend to enjoy the center for a day. Lounge at the pools, play a game of walleyball, or begin a fitness routine. Stop by the membership desk for more details.

Senior Wellness Forum: Stop by the Ocean View Senior Center at 11:00a for free presentations from local health and wellness specialists. Light refreshments will be served. Open to ages 55 and better. Call 757-441-1767 for more details.

Feel the Rhythm of Your Heart: Ages nine and up are invited to study and play percussion instruments from 3:30-4:30p at the Lakewood Dance & Music Center. Limited to eight people. Call 757-441-5833 to reserve your spot today!

Dance Your Heart Out: Burn up the floor in this dance class sampler from 1:00-2:00p at the Lakewood Dance & Music Center. Learn hip-hop, bradway jazz, and contemporary. Ages 7-12 are invited. Limit of 30 students. Call 757-441-5833 to RSVP.

Outdoor Movie Night Series: Join us for a series of movies under the stars. Movies held at Barraud and Berkley parks. All ages welcome. Grab your blanket and join us. Visit the RPOS website for movie times and titles.

Picnic @ the Park: Pack your picnic basket and meet us at Lakewood Park. You provide your food, we'll provide the fun. Join us for music, volleyball, corn hole, football, and more. Family fun starts at 6:00p. Open to all ages. Picnic ends at dusk.

Twilight Tour: Join us under the moon to tour the graves of Norfolk's notable citizens interred at Elmwood Cemetery. Discuss the victorian history, tradition, and memorial art that inspired the cemetery's design. Call 757-441-2654 for more info. Tour from 6:00-7:00p.

Norview Communtiy Resource Fair: Join the Norview Community Center and Norview Task Force for a day of networking with area resources. Community partners such as Home Depot, the Norfolk Sheriff's Department, Kool Smiles, and more will be on hand to provide helpful information. The fair begins at noon and is open to all ages. Call 757-441-1440 for all of the details.

The Gathering: Make new friends, develop your talents, become a leader. Teens ages 12 to 24 are invited to join Teens With a Purpose at the VCM Teen Center from 6:00-8:00p. Stop by and earn incentives for using your creativity. Call 757-747-2679 for more details!

Outdoor Painting: Make a splash or splatter. Explore the paintings of Jackson Pollack. Youth ages seven and up are welcome to enjoy the outdoor painting session from 1:00-2:00p at the Titustown Visual Arts Center. Only 20 spots available. Call 757-441-1227 to RSVP.

Rec Center Open House: Have you stopped by your local rec center lately? Take a tour on July 20th and receive \$5 off a Facility Use ID Card, Norfolk's all-access card to 18 rec centers and four pools. All centers are open from 11:00a-4:00p. Recreation center locations and contact information is availalble on the RPOS website. *Discount for Norfolk residents only.

Open Volleyball: Bump, set, spike! The net is up and we're ready to dig. Join us for open volleyball night at the Ingleside Gym. Youth hours: 5:00-7:00p. Adult hours: 7:00-8:30p. Call 757-226-7102 for more information.

Teen Center Tuesday: Stop by the Vivian C. Mason Teen Center from 6:30-8:30p for food, a co-ed 3-on-3 basketball contest, and a mini career-development workshop. Teens ages 13-17 are welcome to stop by. Call 757-441-1034 for more details.

FkZ Field Day Challenge: Join the NFWC Fit Kids Zone for a field day filled with fun. Children ages five to 12 are invited to participate in sports, games, and fitness-related challenges. Field day begins at 10:00a. For more details call the fitness center at 757-823-4301.



Additional information on all Park & Recreation Month events is available by calling the Norfolk Department of Recreation, Parks & Open Space (RPOS) at 757-441-2400 or viewing the event calendar at www.Norfolk.gov/RPOS.

Be sure to like Norfolk RPOS on Facebook and tell us why you love your park and recreation. You can also see the adventures of Arty Hearty, the Norfolk Park & Recreation Month mascot. He'll travel on a different park and recreation adventure each day in July.

